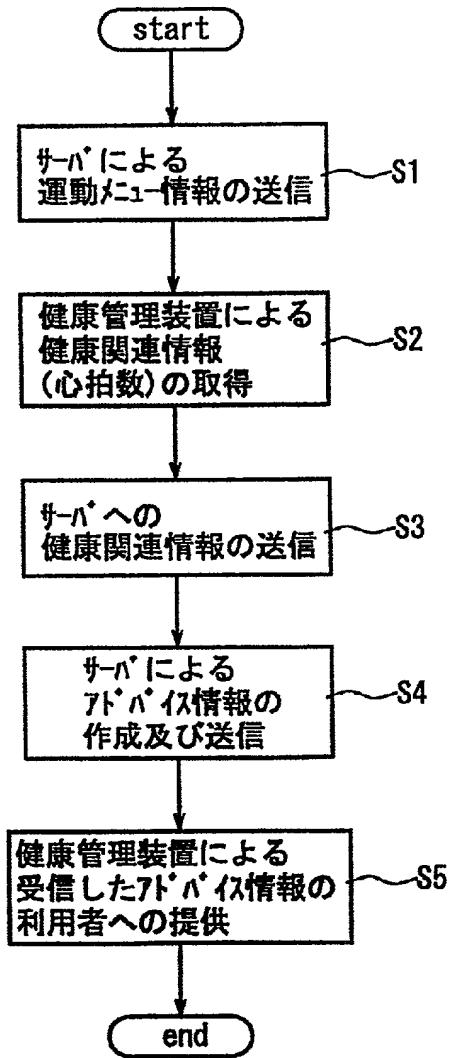


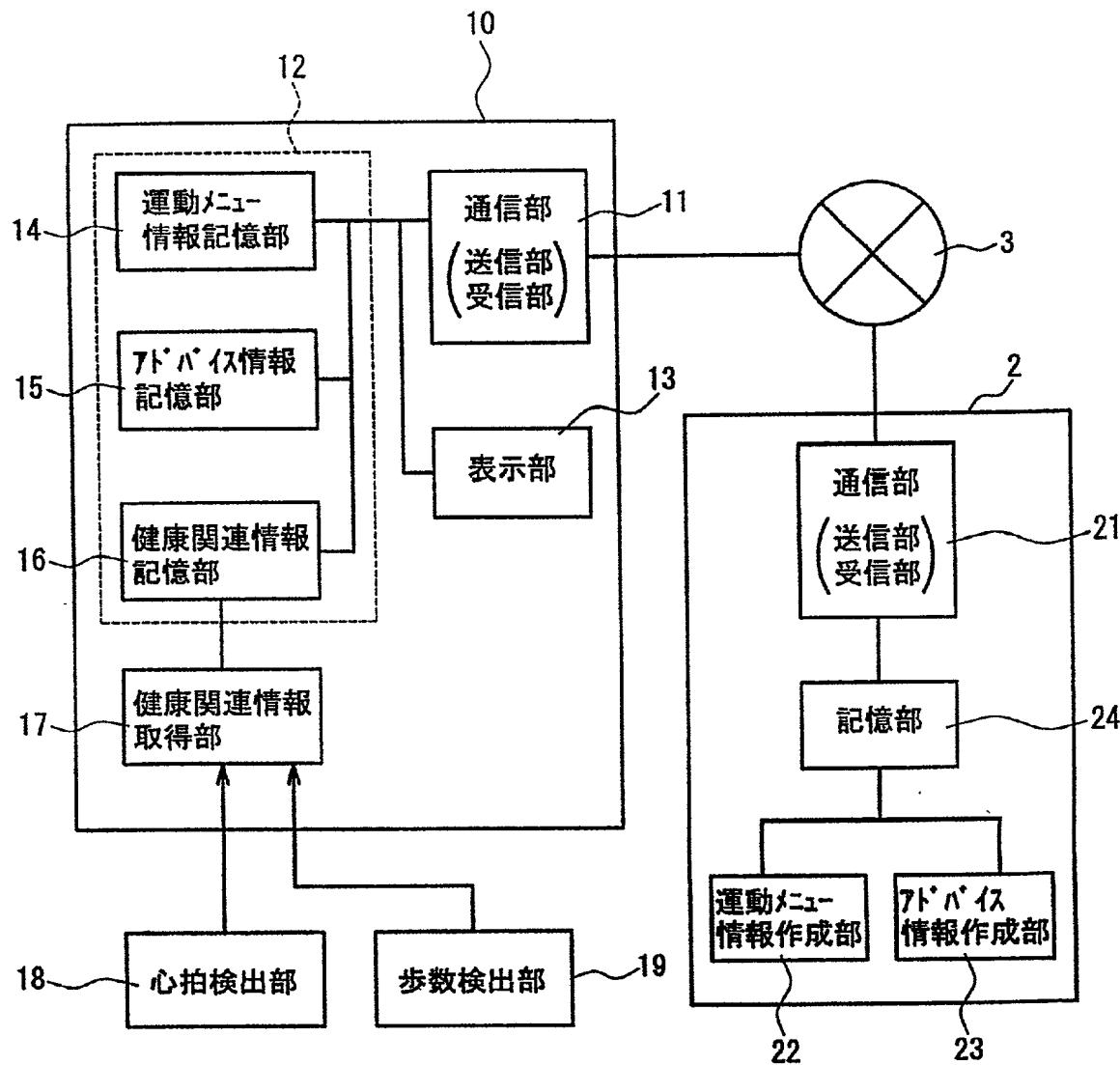
F I G. 1

曜日	目標心拍数			
	120-140	140-160	160-172	>172
月	40分	40分	—	—
火	—	—	15分×3	—
水	—	—	—	—
木	40分	20分	—	3分×3
金	—	—	—	—
土	40分	40分	40分	—
日	60分	—	—	—

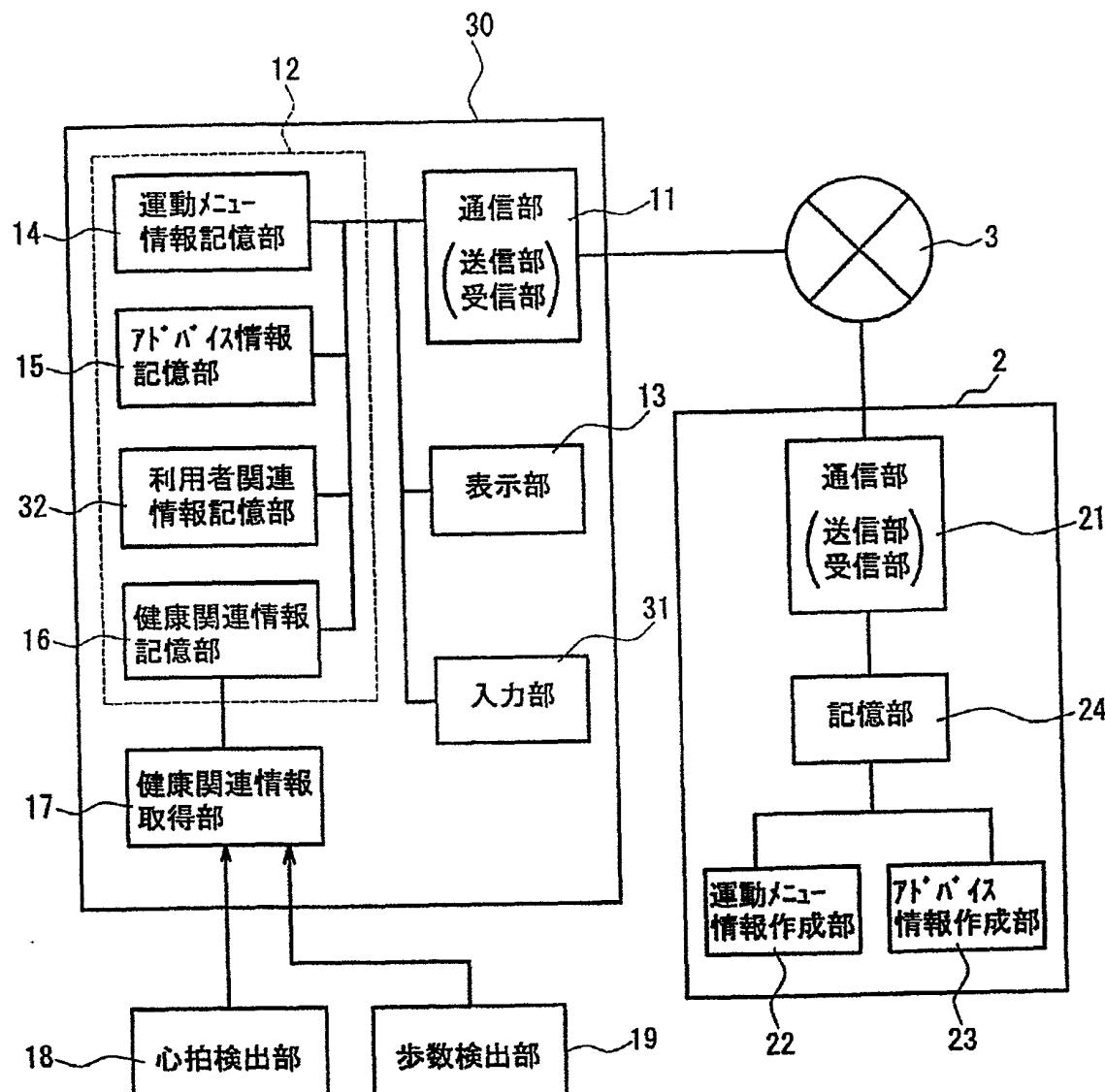
F I G. 2



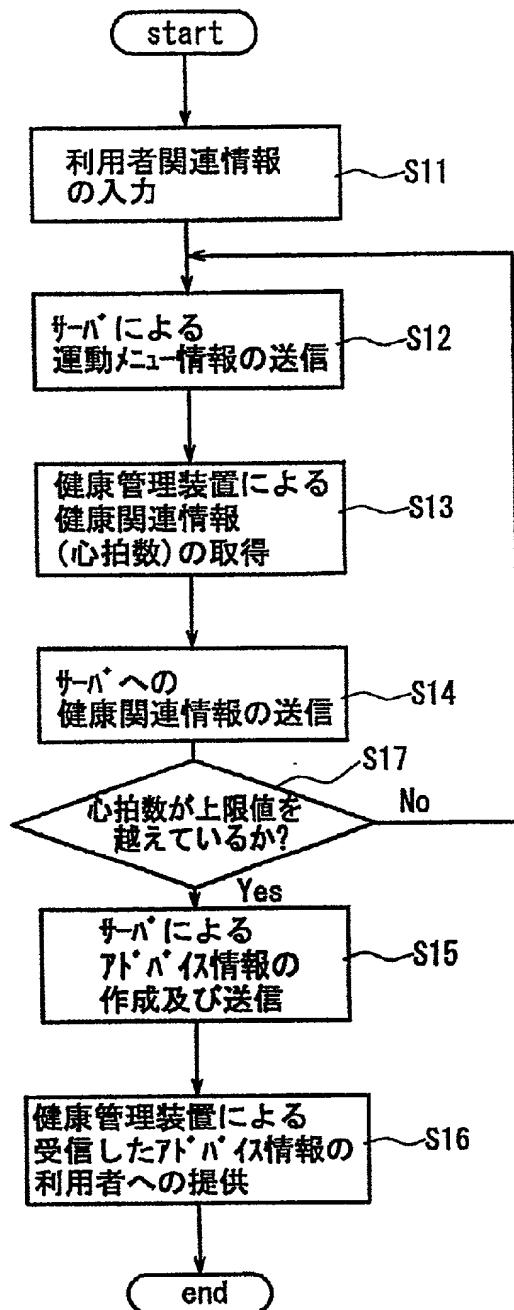
F I G. 3



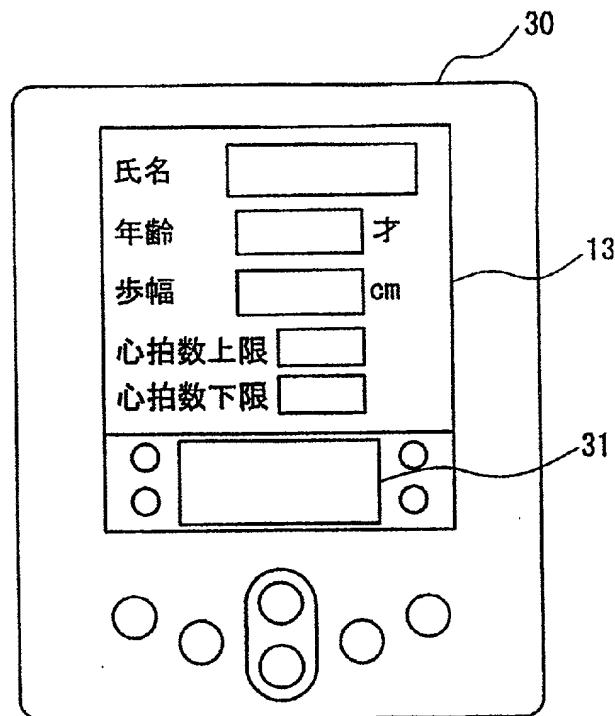
F I G. 4



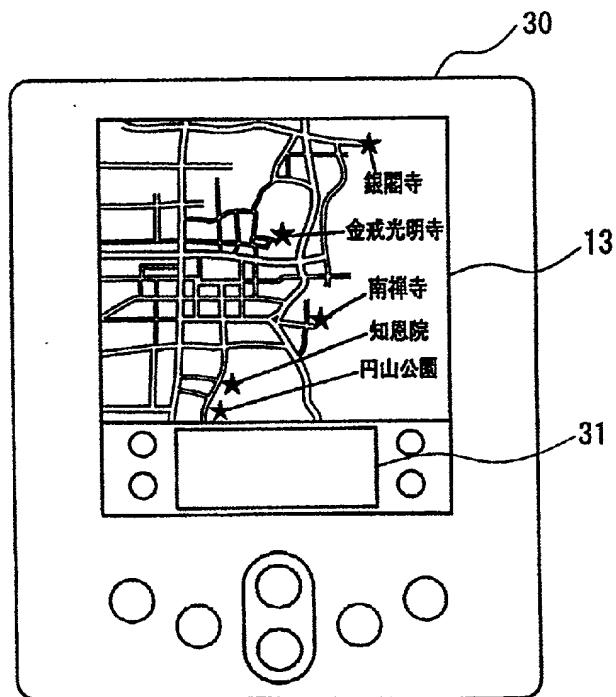
F I G. 5



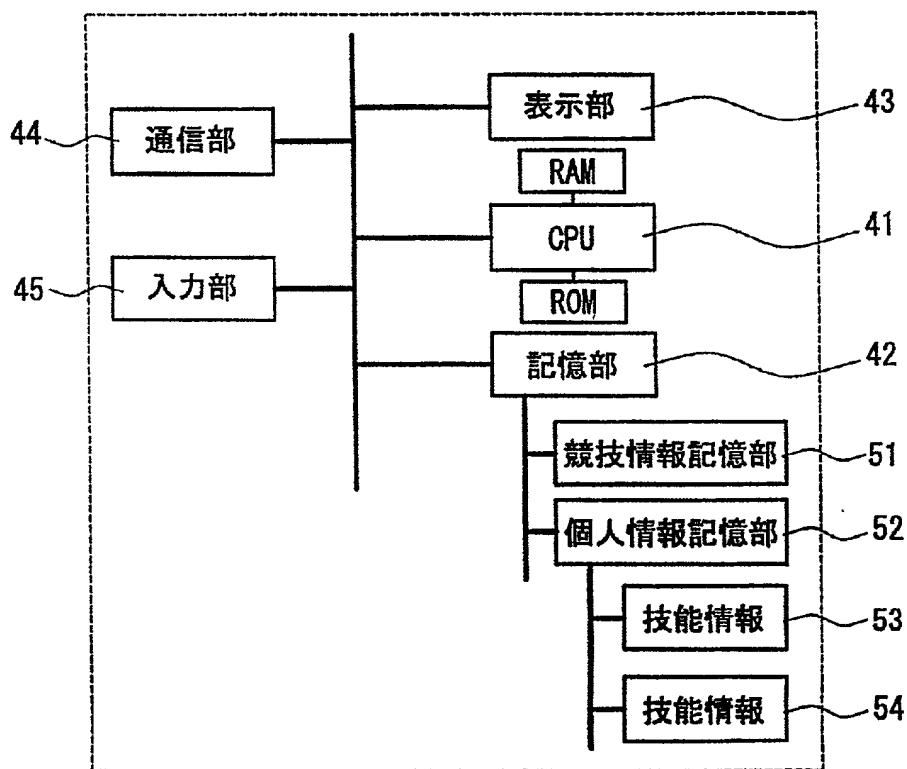
F I G. 6



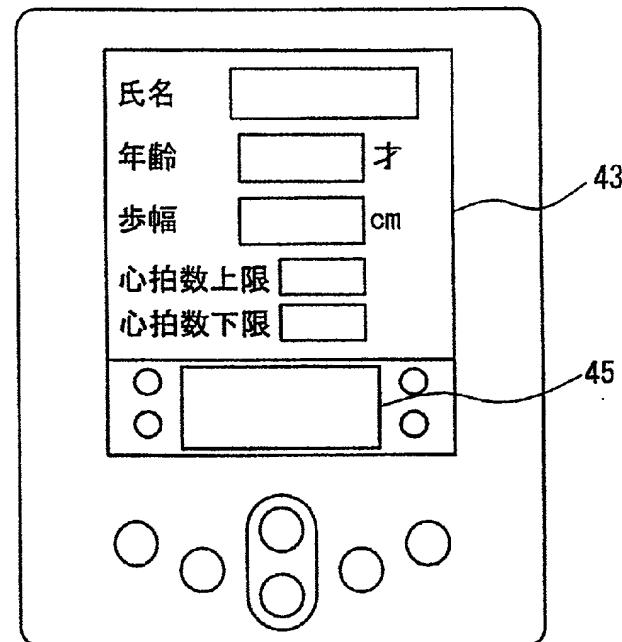
F I G. 7



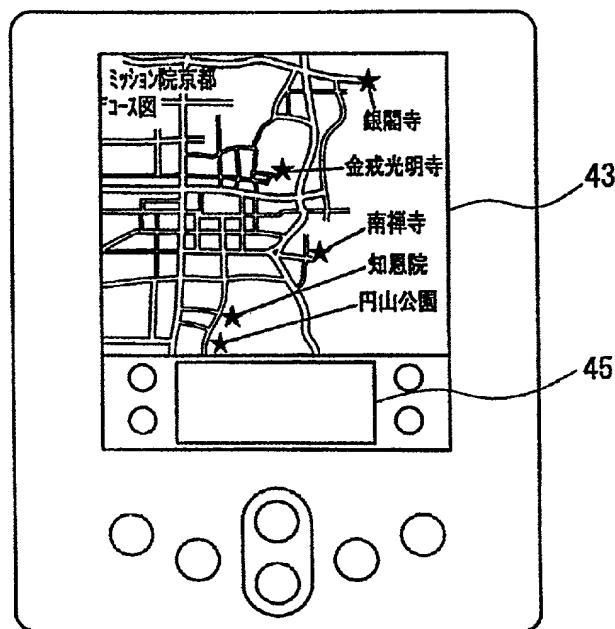
F I G. 8



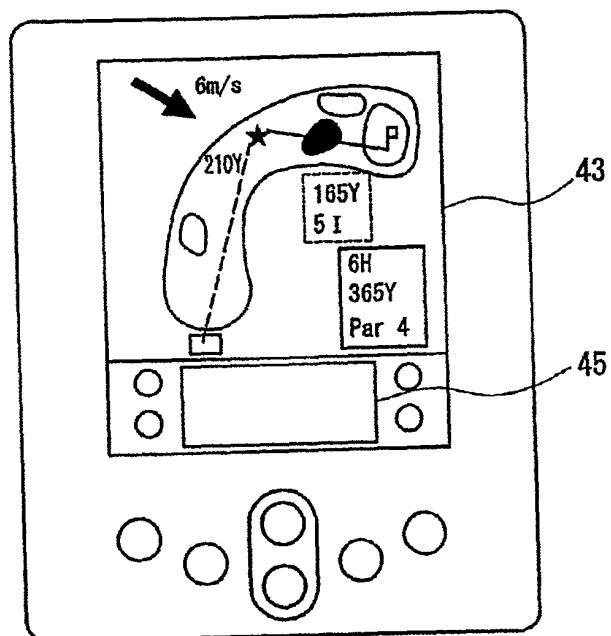
F I G. 9



F I G. 10



F I G. 11



F I G. 12